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TALKING TURKEY WITH AMY POEHLER

ANIMATED FILM FREE BIRDS FOLLOWS TWO TURKEYS WHO TRAVEL BACK IN TIME TO CHANGE THANKSGIVING PAGE 11

Not quite Animal House

Students at Western University liken Ontario Hall, the school's newest residence, to staying in a high-class hotel PAGE 2

Trees should be considered a capital asset: Coun.

Polhill hopes plan will beat emerald ash borer PAGE 5

Knights get no shelter from the Storm

London club's losing streak continues with 7-4 road loss to Guelph PAGE 18

NEWS WORTH SHARING.

LIGHTNING STRIKE

The London Lightning's Jaytornah Wisseh fights off Brampton's Rick Bodiford as he rounds a corner during Sunday's exhibition game at Budweiser Gardens. Game coverage on page 17.

ANGELA MULLINS/METRO

Relief may come to Adelaide St. rail crossing

Civic works. Coun. Orser calling for overpass to ease traffic congestion

Council's civic works committee will be asked Monday night to take the first steps toward building a $25-million overpass at the rail crossing on Adelaide Street north of Central Avenue.

If the committee confirms that the crossing — which has left north-south drivers in the slow lane for years — is the city's highest priority, the next step would be reviewing the results of an environmental assessment.

It's music to the ears of Coun. Stephen Orser, who represents that ward and has for years been calling for the overpass to ease traffic congestion.

By the numbers

- Upward of 45 trains use the Adelaide Street crossing near Central Avenue daily.
- 32,000 vehicles travel through that crossing every day.
- The average length of a Canadian Pacific Railway freight train is about more than 1.5 kilometres. That would consist of about 100 cars.

As many as 43 freight trains pass through the crossing daily. And, in most cases, the trains are long.

Orser, who sits on the civic works committee, sent Metro a photo of his car — and many others — blocked by a train at the crossing Sunday afternoon. At the time he sent the photo, the logjam had reached 15 minutes. What's worse, the train was in the midst of backing up when Orser snapped the picture.

"(An overpass has) been needed for 30 years," he said. "It's congesting a major artery for the entire city, and the number of times a train goes through there is just horrifying."

A report to the civic works committee says a study done in July found trains at the Adelaide crossing lead to road delays of up to two hours daily.

"There's an absolute public demand to get this done," Orser said. "Call the mayor's office and say you want the overpass put in." SCOTT TAYLOR/METRO

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NEWS 1

Bodico

Hand sanitizer linked to deaths

Health Canada has released a statement warning people about Bodico Hand Sanitizer after two recent deaths in Ontario.

The deaths, Health Canada says, might have been the result of people ingesting the product.

The statement says initial testing results of Bodico Hand Sanitizer (eight fluid ounce, Lot B9002) and Bodico Hand Sanitizer with Aloe and Vitamin E (eight fluid ounce, Lot B9001) have found methanol. The tests were done by Ontario's Centre for Forensic Sciences.

The ingredient is not identified on the label, Health Canada says.

Methanol is highly toxic and if ingested can be fatal, the statement reads. Even if used on the skin it can cause irritation and inflammation.

Health Canada is working with Ontario's chief coroner to determine the cause of death in both cases. It is also working with makers of the Bodico products to recall them.

TORSTAR NEWS SERVICE

Crime

Street-gang unit nabs two

Cops in London's street-gang unit have made two arrests after executing a search warrant at an Arbour Glen Crescent residence.

Wayne Faraj, 27, and Amanda Davis, 28, were arrested after police seized 55 grams of cocaine, a small amount of crack cocaine, 4.1 grams of marijuana and $1,717.

Faraj and Davis have been charged with possession of illegal drugs.

METRO

Western University is ready to pull the curtain off its newest residence — Ontario Hall. SCOTT TAYLOR/METRO

Luxury living for Western students

Residence. Fancy Ontario Hall slated for a big opening event

The students have moved in, and it's ready for its big launch.

Western University is about to trumpet its newest student residence, and the "wow" factor is huge.

Want made-to-order sushi? No problem. How about Mongolian-style grilled meat? Sure thing. Want to watch TV? Here's our 65-inch screen.

Welcome to Ontario Hall, the newest way to live if you're studying at Western.

"The students say it's like living in a hotel," said Susan Grindrod, associate vice-president of housing and ancillary services. "They walk in and it's like a hotel lobby, and they say this is a great place. We're very excited."

It's currently about two-thirds complete with some construction ongoing. When all the work's done next year, the residence will be home to 1,000 students.

Despite the size of the building, students are never far from where they might want to be, Grindrod said, due to the carefully designed layout of short corridors.

"As architecture has evolved, so have the residence buildings," she said. "This one has lots of nice common spaces. It's very open and light.

"What we're trying to do is make suites that are conducive to building community.

"They sure are different than they used to be. But the traditional-style residences are just as popular. They have their own little different culture."

An official opening is planned and guided tours of Ontario Hall are on offer from 9 to 11 a.m. on Nov. 5. Email ontario.rsvp@uwo.ca if you want to take a look.

MIKE DONACHIE/METRO

Features

- Dining room: There's a made-to-order sushi bar, a coffee bar with smoothies, a Mongolian-style grill, plus demonstration cooking and daily vegan and vegetarian options.
- Media room: The 65-inch flat-screen TV comes complete with a state-of-the-art sound system. The TV can be reserved for viewing movies or hooked up to a computer so the room can be used for small group work.
- Health and wellness centre: It has a multi-purpose room for events, from nutrition seminars to yoga, and a resource area for students to access information material for campus and community support.
- There's also a fitness room, corner lounges, study rooms and music practice rooms.

Wexford Ave. Two people accused in hit-and-run involving child, 10

Police have charged two people from Ingersoll in connection with a Friday hit-and-run accident that left a 10-year-old boy in critical condition.

Toby Van Lieshout, 34, is charged with driving with a suspended licence, leaving the scene of an accident, drug possession, careless driving and using an unauthorized licence plate.

The owner of the vehicle, Rebecca Van Lieshout, 39, faces charges including accessory after the fact, assaulting a police officer, drug possession and allowing an unlicensed person to drive.

The 10-year-old remained in hospital Sunday.

He was riding his bike at about 6:55 p.m. on Wexford Avenue when he was hit, police said.

METRO

More online

For more news visit metronews.ca

Jim Ashton St. Police seize shotgun, marijuana

An alleged shotgun incident in north London has led to drugs and firearms charges.

Cops were called to an address on Jim Ashton Street shortly after 6 p.m. Thursday for a break-and-enter in progress, but the person attempting to gain entry had left before they arrived.

While officers were still on the scene, they were told one of the occupants of the residence allegedly had a shotgun and had barricaded himself inside. The man later surrendered to the police.

During a search, cops seized a Cooey 12-gauge single-barrelled shotgun, 39 shotgun shells and three grams of marijuana.

Ryan Abraham, 21, was charged. MIKE DONACHIE/METRO

Recycling flies high in London

Environment. Forest City celebrates 1.4 million visits to its EnviroDepots with striking sculptures

MIKE DONACHIE
mike.donachie@metronews.ca

Once, years ago, there was a big hole in the ground and the city was looking into it.

Those days are gone now, and recycling is big in London.

So, to mark National Waste Reduction Week and the city's own milestone, Mayor Joe Fontana led the unveiling of a special recycling project on Friday.

A metal eagle made by Fanshawe College students and a scrap-metal dealer now greets visitors to the EnviroDepot on Clarke Road.

It — and a similar sculpture of a swan at the Oxford Street depot — represents the success of recycling in London over the past decade.

"I always knew that Londoners were active recyclers," Fontana said. "But the numbers we're talking about today are incredible."

Quoted

"I always knew that Londoners were active recyclers.... But the numbers we're talking about today are incredible."

Mayor Joe Fontana

Over the 10 years the depots have been operated by Try Recycling, a total of 1.4 million visits have been made by people looking to recycle everything from leaves to barbecues.

Just metres away is the former landfill site that once was a hole in the ground ready to be filled with any and all types of garbage — a total of 25 million tonnes of it in one place.

Now the city saves costs and helps the environment by recycling much of what comes in. Old shingles become pavement material, drywall becomes fertilizer and, thanks to the work of fine-arts students at Fanshawe and the staff of Clarke Road scrap-metal dealer John Zubick Ltd., old metal has become the new sculptures.

"If you build it, they will come," said Jim Graham of Try Recycling. "If you make it convenient, more people will come."

Making sure people know it's a positive step for the environment, he added, helps bring in thousands of people for more than a million visits.

Follow Mike Donachie on Twitter @Mike_Donachie

Go green

- The city's recycling depots started out by seeing 50,000 to 55,000 visits from the public in the first years.
- Recycling has grown to "just shy of 200,000" visits in 2012, said Jay Stanford, the city's director of environment, fleet and solid waste.
- Stanford says this year is on track to exceed 200,000 visits and the 10-year total is 1.4 million. That's diverted 110,000 tonnes of material from landfill.

City recycling chief Jay Stanford, left, and Jim Graham of Try Recycling with the scrap-metal eagle at the Clarke Road EnviroDepot. MIKE DONACHIE/METRO

Library's future lies in the hands of campers

The main branch of the London Public Library at 251 Dundas St. SCOTT TAYLOR/METRO

The future of the London Public Library may be at least partially defined by a group of campers Monday night.

There won't be any roasted marshmallows and no one will be chopping firewood, but the library's Community Camp will offer a fun and engaging evening of activity for those interested in the library system's future.

The event is open to all Londoners and will take place from 7 to 9 p.m. at the London Convention Centre.

The city's library is already widely used, both in person and online, and is operated at the lowest cost per use per capita of all comparator library systems, according to the most recent Ontario Municipal Benchmarking Initiative (OMBI) statistics.

Library staff have spent much of the year reaching out to hear from Londoners about how the library's physical locations and online services can best serve their needs now and in the coming years.

Monday's community camp will offer people an opportunity to share their insight and ideas on how to improve an already working model.

Advance registration is recommended but registration will also be accepted at the door. Register online at www.londonpubliclibrary.ca/yourplace or call 519-661-4600. SCOTT TAYLOR/METRO

On the web

For more local news, go to metronews.ca

Getting feedback

As part of its effort to hear what users want, the library has:

- Polled more than 480 Londoners in person.
- Put out an online survey that received 6,700 responses.
- Organized a forum that brought together community partners and specific audience groups.

Charity director fears 'kids will die' if fundraiser fails

Street Connection.
Director says homeless youth face overdose, suicide and assault

MIKE DONACHIE
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Volunteers are mobilizing to raise enough money to reopen a facility that helps young people living on the streets.

Dave Shearer, executive director of Street Connection, said about $40,000 is needed to get the ball rolling again at the charity, which has annual costs of about $160,000.

A series of meetings with supporters — students, high schools, business people and others — are taking place. There's a meeting with the city on Friday.

If the non-profit stays closed, Shearer fears the consequences for young homeless people this winter.

"Kids will die," he said. "I've had kids show up at the door bleeding from head to toe.... Some of them are 17-year-old prostitutes that've been beaten up and would have died.

"I go to hospitals on a regular basis. I've rushed kids to the hospital myself. I've called ambulances many times.

"These kids are (overdosing), some of them. They're making suicide attempts. They need someone to be there to help them."

The charity, which closed its doors on Oct. 17 in the midst of the funding crisis, provides a drop-in service, meals and counselling. It also offers mentoring and sets a good example for young people who need it, Shearer said.

Without those programs, he said, some of the centre's users will turn to crime.

"There is optimism," said Shearer. "London is an awesome community and the people are rallying. They recognize what we do."

This mural on Wellington Street near Horton — showing a phoenix rising from the ashes — speaks volumes about the impact leaders of Street Connection says it has on local youths. MIKE DONACHIE/METRO

Province reforms animal-care law

Park visitors observe and feed the bears at Marineland's bear pit.
TORSTAR NEWS SERVICE FILE

The province has introduced sweeping changes to protect animal welfare in Ontario.

Amendments include more power and money for the Ontario Society for the Prevention of Cruelty to Animals (OSPCA), twice-a-year inspections of all zoos and aquariums in the province and specific standards of care for the well-being of marine mammals.

The changes, more than a year in the making, were announced Friday by Community Safety Minister Madeleine Meilleur. Her ministry is responsible for the OSPCA.

"It's just the start," she said.

Meilleur began a review of animal laws in Ontario when former trainers at Marineland talked to the media, blaming animal health problems on sporadically poor water and insufficient staffing.

John Holer, owner of the Niagara Falls animal park, has always denied any problems or staffing shortages.

In the wake of the coverage, Meilleur said she quickly realized the OSPCA lacked the power and ability to deal with the kind of large, complex investigations the province now requires.

Ontario will give the OSPCA $5.5 million annually to "create a team of specially trained investigators." The team will also deal with "puppy and kitten mills."

Impact

60

The number of zoos and aquariums in Ontario affected by new regulations

The money will help enforce animal-welfare laws in underserved areas, such as rural and northern communities.

Official inspections are a big change for Ontario.

Currently, the OSPCA goes in only when a problem is reported. Inspections are done every five years by Canada's Accredited Zoos and Aquariums, the industry's self-governing association. But it has only eight member facilities in the province.

TORSTAR NEWS SERVICE

Making friends over fuel.
Alberta oil and gas helps Ontario too, says Wynne

Premier Kathleen Wynne says what's good for Alberta's oil-and-gas industry is good for her province too.

"Oil and gas are clearly fundamental to Alberta's economy and to Canada's but also to Ontario's — and I want everyone to know that I understand that and I want to advance that," Wynne told a corporate crowd in Calgary on Friday.

"Many of our Ontario manufacturers now directly support your industry. I want us to build on that relationship."

Wynne set a different tone than that of her predecessor on her first official visit to Alberta since she became premier in January.

Canadian consensus

"We've agreed on common principles on the energy strategy — most of us have, not everybody. You know, it is Canada."

Premier Kathleen Wynne

Dalton McGuinty drew Alberta's scorn last year when he said the oil-and-gas industry was driving up the loonie and making it more difficult for Ontario manufacturers to export their goods. He later softened his stance.

Wynne also made it clear that Alberta Premier Alison Redford has an ally in her push for a Canadian energy strategy, naming that effort one of her top priorities as chair of the Council of the Federation.

The debate over oil pipelines is heating up in Ontario. There are two major proposals in the works to ship Alberta crude through the province to eastern refineries and export points.

In her remarks, Wynne acknowledged how important it is to Alberta to get its resources to market — including via Ontario — but stressed the need for strong environmental oversight and First Nations consultation. THE CANADIAN PRESS

Where has all the slot money gone? No one, including Kathleen Wynne, seems to know

Kathleen Wynne
TORSTAR NEWS SERVICE FILE

Slot-machine dollars earmarked for Ontario's struggling horse-racing industry were misspent or are unaccounted for due to lax oversight by the provincial government, according to an investigation by Torstar News Service.

How much is at issue is not known, but it was fear of an ORNGE-style scandal that led then finance minister Dwight Duncan last year to abruptly cancel the long-running deal that funded horse racing in Ontario using publicly regulated gambling revenues. Duncan would not agree to an interview for this story.

In all, $4.1 billion from slot machines flowed to the sport over 15 years.

Premier Kathleen Wynne said in an interview her government cannot account for all of the money sent to track operators over that time period.

"Can I give you chapter and verse on everything that's happened in the past?" she responded when asked if government can track every slots dollar spent by horse racing-management. "I can't."

How much money was misspent or overspent is unknown. The question being asked by many people in the horse-racing world is: Did all the money designated for growing the sport in Ontario end up in the correct place?

One recent provincial audit of a track operator, Woodbine Entertainment Group, highlighted $45 million in cuts that had to be made over the next two years if the province was to keep funding Woodbine, according to a government document referencing the needed reductions. Those cuts included $4.5 million in executive compensation and salary rollbacks.

"I think there were some inequities in the system in terms of rates of salary, of wages," Wynne said when asked if track executives, including those at Woodbine, were getting "rich" from slots deals.

A series of audits performed on Woodbine and other tracks would shed light on these issues. But the provincial Finance Ministry has refused to make the audit findings public, citing privacy concerns.

The provincial gambling regulator is probing governance and regulatory issues related to the Toronto-based group that runs Woodbine and Mohawk racetracks.

Woodbine's longtime top executive, David Willmot, who retired last year, said his organization was free to decide how to use gambling proceeds.

TORSTAR NEWS SERVICE

This is the larva of the emerald ash borer, which is destroying ash trees in London and across Ontario. TORSTAR NEWS SERVICE FILE

Debt plan aims to beat emerald ash borer

Cash dries up. Trees should be considered a capital asset, says Coun. Bud Polhill

MIKE DONACHIE
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The emerald ash borer problem is about to get worse for the Forest City, but one councillor has a plan.

The beetle is killing London's ash trees by the thousand, and the city has been working hard to replace them, using a $1-million grant from the province.

But the money runs out at the end of this year. Without it, Londoners face a wait of up to nine years to get a tree replaced.

So, with budgets tight, the city is looking for a solution, and Coun. Bud Polhill thinks he has it.

He wants special permission from the province to treat London's trees as a capital asset so the city can borrow money against them, just like a building or a car.

"We need to find a way to replace these trees," said Polhill, who's chair of the planning and environment committee. "We can spend money over years to plant trees, but that's no help to somebody who's had their tree cut down today.

"Right now, we're having to phase them in because we can't come up with the money out of the tax rate, but surely if it's an asset we can use it to get the work done now."

Polhill will bring a motion to Tuesday's planning committee meeting. It will suggest the city ask the minister of municipal affairs to allow it to borrow money against the value of the surviving trees so the dead ones can be replaced.

Emerald ash borer

- About 10 per cent of the trees in London are or were ash trees, says a report from city forester Ivan Listar. At one time there were 110,000 ashes.
- The borer "has the potential to kill almost all the remaining ash trees within the next five to seven years," the report says.
- That means a reduction in the tree canopy of about seven per cent, reducing tree cover from 24.7 per cent to 22.9 per cent unless they are replaced.
- The city is working to replace trees, with 1,250 planted this year alone, but the borer is killing them faster than new ones can be planted.

Report: 1,500 Canadians languish in foreign jails

For nearly two months, all eyes were on John Greyson and Tarek Loubani, the Canadian activists held in an Egyptian prison before being allowed to return to Canada.

Two other Canadians, Greenpeace activists Alexandre Paul and Paul Ruzycki, have also been in the headlines as they remain in a Russian prison facing hooliganism charges. If convicted, they could be sentenced to up to seven years in jail.

But there are other Canadians detained abroad who don't have such a network of supporters, and fail to capture similar public attention.

Overall, 1,590 Canadians are in prison outside the country, according to figures provided by Canada's Foreign Affairs department, accurate to Oct. 10.

The bulk of them — 1,097 — are behind bars in the United States. The rest are in prisons in more than 85 other countries.

Foreign Affairs wouldn't provide a breakdown on the circumstances or duration of detention, nor how many cases the government is actively contesting.

But human-rights groups continue to monitor a number of cases where they believe Canadians are being wrongly detained or have been the victim of human-rights violations.

Often, it can take years to bring a Canadian back home.

Earlier this month, Hamid Ghassemi-Shall was finally able to return to Canada after 64 months in an Iranian prison, including a year in solitary confinement.

Ghassemi-Shall emigrated to Toronto, where he was working as a shoe salesman, following Iran's 1979 revolution. He was arrested on espionage charges while visiting his ailing mother in 2008, and faced the death penalty. International pressure, including a stream of letters from supporters to the Iranian government, may have been a factor in helping to keep him alive, according to Amnesty International Canada.

Each case "has a delicate strategy depending on the circumstances of the case," said John Tackaberry, a spokesman for the human-rights group.

THE CANADIAN PRESS

Wrenching testimonials

In an effort to dissuade others, the government has a collection of stories on its travel-advisory site from Canadians caught trying to smuggle drugs overseas.

- One man, who was sentenced to 15 years in a Cuban jail for importing marijuana, says the water was a "milky colour and it made me really ill."
- A woman who spent a year in a Jamaican prison for trafficking heroin described living in cramped quarters without running water where "inmates were constantly trying to pick fights with me."

A boy inspects a destroyed car after a car-bomb attack hit the Sha'ab neighbourhood of Baghdad, Sunday. Insurgents on Sunday unleashed a new wave of car bombs in Shiite neighbourhoods of the city, killing and wounding dozens of people, officials said. KARIM KADIM/THE ASSOCIATED PRESS

Deadly wave of attacks hits Iraq

At least 66 killed. Series of bombings, suicide assault mark the bloodiest day in the country since Oct. 5

A series of attacks including car bombings in Baghdad, an explosion at a market and a suicide assault in a northern city killed at least 66 people Sunday across Iraq, officials said, the latest in a wave of violence washing over the country.

Sunday's attacks were the deadliest single-day series of assaults since Oct. 5, when 75 people were killed in violence. There was no immediate claim of responsibility for the blasts.

Police said that the bombs in the capital, placed in parked cars and detonated over a half-hour period, targeted commercial areas and parking lots, killing 42 people.

The deadliest blasts struck in the southeastern Nahrwan district, where two car bombs exploded simultaneously, killing seven and wounding 15, authorities said. Two other explosions hit the northern Sha'ab and southern Abu Dashir neighbourhoods, each killing six people, officials said. Other blasts hit the neighbourhoods of Mashtal, Baladiyat and Ur in eastern Baghdad, the southwestern Bayaa district and the northern Sab al-Bor and Hurriyah districts.

Meanwhile, in the northern city of Mosul, a suicide bomber drove his explosives-laden car into a group of soldiers as they were sealing off a street leading to a bank where troops were receiving salaries, killing 14, a police officer said. At least 30 people were wounded, the officer said. Also in Mosul, police said gunmen shot dead two off-duty soldiers in a drive-by shooting.

Violence has spiked in Iraq since April, when the pace of killing reached levels unseen since 2008. Sunday's attacks bring the death toll across the country this month to 545, according to an Associated Press count.

THE ASSOCIATED PRESS

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7th killed this year

Journalist gunned down in Somalia

A Somali journalist died in hospital after being attacked by gunmen, a colleague said Sunday, bringing to seven the number of journalists killed in Somalia this year.

Journalist Mohamed Mohamud, 26, died Saturday night, said fellow journalist Ahmed Nor Mohamed. "We have lost a precious life once again," he said. THE ASSOCIATED PRESS

Surge in security denials on FOI cases: Watchdog

Access to Information Act. Info chief wants more staff to cope with Harper government's information refusals

Canada's information watchdog has been flooded with fresh complaints that the Harper government is too often citing security to withhold documents requested under the Access to Information Act.

Suzanne Legault says that since April, her office has seen a surge in such complaints — prompting her to ask for more specially trained investigators.

"I have observed a worrying trend in the number of new complaints of this type in the past four months," Legault wrote in August to Tony Clement, president of the Treasury Board.

Suzanne Legault, information commissioner of Canada
SEAN KILPATRICK/THE CANADIAN PRESS

"So far this fiscal year, we have received 107 new special delegation (security-related) complaints, amounting to 80 per cent of the average number of incoming complaints that my office has previously received over the course of an entire year."

Legault said the problem has been growing over the last five years, but has become acute this year.

She has asked Clement to increase the number of her investigators who have special security clearance to probe these complaints, to 12 people from the current eight. Emily McCarthy, assistant commissioner, said the growing number of these cases is just one aspect of a striking rise in complaints this year. THE CANADIAN PRESS

Clarification needed

$7B deficit boon being questioned

The surprising revelation last week that Ottawa is almost $7 billion ahead of schedule for eliminating the deficit is attracting the scrutiny of a budget watchdog.

The No. 2 person in the Parliamentary Budget Office says officials have asked the government for clarification.

"We'll look at it because it will affect our own numbers, and try and figure out what the source of it is," says Mostafa Askari.

"There's a part we still don't understand ... as to why departments spent less than what they were expected to ... and why they (Finance) didn't see it in March," when the budget was tabled.

In a report last week, the government pegged the deficit for the 2012-13 fiscal year at $18.9 billion, rather than the $25.9 estimated in the budget. The lion's share of the difference was from lower program spending.
THE CANADIAN PRESS

Brooklyn. Man arrested in knifing deaths of a mom and her four kids

An immigrant to the United States was arrested Sunday on five counts of murder in the deaths of his cousin's wife and her four children in a stabbing rampage in their Brooklyn home.

The suspect, 25-year-old Ming Don Chen, implicated himself in the stabbings late Saturday in the Sunset Park neighbourhood, police said. NYPD Chief of Department Phil Banks said the victims "were cut and butchered with a kitchen knife." Two girls, nine-year-old Linda Zhuo and seven-year-old Amy Zhuo, were pronounced dead at the scene, along with the youngest child, one-year-old William Zhuo. Their brother, five-year-old Kevin Zhuo, and 37-year-old mother, Qiao Zhen Li, were taken to hospitals, where they also died.

Chen is a cousin of the children's father; he'd been staying at the home for the past week.
THE ASSOCIATED PRESS

Scene of the multiple fatal stabbings. KATHY WILLENS/THE ASSOCIATED PRESS

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Not amusing

Amusement ride operator jailed

A ride operator is in jail after investigators say someone tampered with a ride at the North Carolina State Fair and compromised safety devices.

Timothy Dwayne Tutterrow of Quitman, Ga., faces three counts of assault with a deadly weapon. He operated the ride when five people were hurt Thursday.

Tutterrow is due in court Monday.

WakeMed hospital spokesman Thomas Morris said three people remained in the Raleigh hospital Sunday after the ride on the state fair's midway suddenly jolted into gear as people were exiting, dropping some riders six to nine metres, witnesses said.

THE ASSOCIATED PRESS

Madrid

Commuter train derails, injures 3

An official says the last car of a commuter train travelling to a Barcelona suburb derailed as it arrived at a platform, slightly injuring three passengers.

A spokesman for the regional government of northeastern Catalonia says one of car's axles appears to have suffered damage, which made it leave the tracks. The spokesman spoke Sunday on condition of anonymity because he is not allowed to give his name to the press according to government rules.

He says the derailment did not affect traffic because other trains were easily diverted.

THE ASSOCIATED PRESS

Coke-filled car

Ontario police seize 65 pounds of cocaine

A Montreal man is under arrest after police seized more than 65 pounds of cocaine from a car east of Kingston, Ont.

Provincial police say the drugs were found Saturday morning inside a sedan pulled over in a traffic stop on Highway 401 near the Township of Leeds and Thousand Islands.

There's no word yet on charges against the 27-year-old man, who is due in court Sunday.

Police are investigating with help from the force's organized-crime enforcement bureau.

THE CANADIAN PRESS

A new way to predict heat waves earlier

Wave No. 5. When high-pressure and low-pressure systems line up in a specific pattern, it foreshadows heat to come

Meteorologists may have found a way to predict some killer heat waves up to three weeks in advance. Now, the best they can do is about 10 days.

An earlier warning would help cities prepare, arrange to open up cooling centres and check on the elderly, said Gerald Meehl, co-author of a study that describes the forecasting clue.

The key may be a certain pattern of high- and low-pressure spots across the globe high in the sky. When that pattern shows up, the chances double for a prolonged and intense heat wave in the eastern two-thirds of the United States, according to the study published Sunday in the journal Nature Geoscience.

This could predict some types of heat waves but not all, meteorologists said. The study's authors said they think the pattern occurred before last year's heat wave in much of the central United States, but they still need more work to confirm it.

The researchers at the National Center for Atmospheric Research in Boulder, Colo., looked at heat waves that lasted at least a week and were about five to eight degrees warmer than normal. In any given summer week, the odds of a heat wave like this happening are usually only about 1 in 67 in the U.S.

THE ASSOCIATED PRESS

The clue

"It gives you a little bit of a heads-up of what's coming."

Gerald Meehl, co-author of a study that describes the forecasting clue

Winter waves early greeting to Calgary

Chic Chikinda shovels snow from the sidewalk in front of his home in Calgary Sunday morning, beneath tree leaves that have only just begun to turn yellow. Less than 24 hours earlier, it was 17 C in Calgary. The forecast low for Sunday evening was –11 C. ROBSON FLETCHER/METRO IN CALGARY

In this July 18 photo, the horse Show Me More is watered down at the Chagrin Valley Hunter Jumper Classic in Moreland Hills, Ohio, as temperatures reached the 90s F. TONY DEJAK/THE ASSOCIATED PRESS FILE

Calif. Governor frees woman sentenced to life for killing her ex-pimp

California Gov. Jerry Brown has decided to allow freedom to a woman who received a life sentence when she was a teenager for killing her former pimp.

Brown decided late Friday not to take action on a state parole board's decision to grant parole to Sara Kruzan, thereby allowing the decision to go into effect, his spokesman Evan Westrup said Saturday.

Kruzan was 17 when she was sentenced to die in prison for the 1994 shooting death of George Gilbert Howard in a Riverside motel room. She contended that he sexually abused her and had groomed her since she was 11 to work for him as a child prostitute.

Her case became a high-profile example used by state Sen. Leland Yee, who sought to soften harsh life sentences for juveniles.

"It is justice long overdue," Yee told the Los Angeles Times. He called Kruzan's case the "perfect example of adults who failed her, of society failing her. You had a predator who stalked her, raped her, forced her into prostitution, and there was no one around."

Kruzan's case garnered widespread publicity in 2010 after Human Rights Watch posted a six-minute interview with her on YouTube.

THE ASSOCIATED PRESS

Stormageddon. U.K. braces for worst storm in years

Driving rains and high winds lashed the U.K. on Sunday evening, as officials warned that the storm forecasters are calling one of the worst in years will cause widespread disruptions for early-morning commuters.

Officials said a 14-year-old boy is feared dead after being swept out to sea while apparently playing in the surf in southern England. Coastguard and police rescuers searched late Sunday for the boy in high seas with poor visibility, but after several hours, the Maritime and Coastguard Agency said it had turned into a search-and-recovery operation.

Sussex Police urged people to stay clear of the seashore until the storm abates.

THE ASSOCIATED PRESS

Waves crash onto a seawall protecting the harbor of Porthleven, Cornwall, southwest England, Sunday. BEN BIRCHALL/THE ASSOCIATED PRESS

It is said good fences make good neighbours, but when you are surrounded by hundreds of residents disputes are more likely to flare up. And some of those arguments inevitably end up in court. DARRYL DYCK/THE CANADIAN PRESS FILE

Not loving thy neighbour

Experts. As more Canadians opt to live in cramped condos, the number of residents turning to courts to settle fights will rise

When Toronto resident Robert Jerome celebrated his 30th birthday by purchasing a unit in a low-rise condo development about 15 years ago, he quickly came to see his neighbours as his extended family, often meeting up to chat in their shared courtyard, which would be filled with children in the summer.

And then Natalia Korolekh moved in.

What happened next were five years of alleged verbal and physical abuse that overshadowed the community, ending with a judge issuing an order in 2010 for Korolekh to sell her condo and move.

The case is similar to one currently playing out in British Columbia, where a woman is appealing an order to sell her condo due to neighbour complaints. While rare, it's a scenario some experts predict will only become more common as the number of Canadians choosing the close-quarters of condo living increases.

In the Ontario case, Korolekh frequently hurled racist and homophobic obscenities at her neighbours, according to affidavits written by Jerome and other residents. A judge accepted those as accurate accounts of the woman's behaviour, though Korolekh has always denied any wrongdoing.

In one instance, she hit one of her neighbours in the neck, the affidavits said. In another, she tampered with another neighbour's cable TV service. She appeared to encourage her Rottweiler's aggressive behaviour, including when children were around, according to the documents.

Law of averages

Peter Roberts, a lawyer who specializes in commercial and property law, says whatever happens in the B.C. case will undoubtedly influence other judges the next time a problem neighbour ends up in court, which he predicts will happen with increasing frequency.

- "The law of averages tells you that the more people that are living in (condos) and the smaller the units are, there are going to be more conflicts," he says.

It took a lawsuit filed by the condo board and a court order to finally put a stop to it.

"It was right versus wrong, and what she was doing was wrong," recalls Jerome, who says normalcy quickly returned once Korolekh was gone. THE CANADIAN PRESS

Pets. 'Parents' are shelling out to get natural, organic food for their 'fur babies'

Organic kibble? All-natural chow? Fido and Fluffy don't know it, but their owners want them to eat better — and they are forking over big bucks to make it happen.

Even through the Great Recession, premium dog and cat food — the latest iteration of which is advertised as "natural" and "organic" — has been claiming an ever-bigger share of the market. Sales of the more expensive brands jumped 68 per cent in the U.S. from 2002 to 2012, compared with 19 per cent for mid-priced brands and just eight per cent for economy brands, according to Euromonitor International.

Major manufacturers like Nestle Purina and Del Monte Foods are also capitalizing on consumers' willingness to spend more on food they perceive to be better for their furry friends.

"People think of their pets not as pets, but as members of their family, and they want to treat the members of their family with the same respect as they treat themselves," said Molly Maier, senior analyst at market research firm Mintel Group Ltd. THE ASSOCIATED PRESS

By the look of it Fido might be eating a better meal than you tonight. Owners are increasingly paying top dollar for healthy pet food. MATT SLOCUM/THE ASSOCIATED PRESS

Sowing seeds of change

A new crop of tech-savvy farmers using mobile apps

Farmers across the country are relying on new cyber tools to help them monitor the weather and their irrigation systems and even map crops.

Longtime dairy farmers in Vermont are now keeping records on their smartphones of their fields and crops — from manure and fertilizer applications to corn and hay harvests, thanks to a savvy University of Vermont researcher.

Agronomist Heather Darby of UVM Extension got the idea as she was working with farmers to develop plans to manage their fields and crops and protect the environment. She said the farmers weren't very good at keeping records, but they had grown accustomed to using cellphones.

Her goCrop app received about $400,000 more from the federal government this spring to expand use in the Northeast and California. THE ASSOCIATED PRESS

Public Auction

Storage-Mart #3003 665 Adelaide St. N, London, ON | Wednesday December 4, 2013 @ 10:00 am
Units: 0503E J. Brown, 0647F K. Marche, 1208A S. Reid, 1424A E. Franze

Storage-Mart #3001 328 Commissioners Rd. W, London, ON | Wednesday, December 4, 2013 @ 11:00 am
Units: 0800H R. Winstanley

Storage-Mart #3002 1020 Wonderland Rd. S, London, ON | Wednesday, December 4, 2013@ 11:30 am
Units: 1231 A. Tirolese

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BAD IDEA? YES. SHOULD HE RESIGN? NO

URBAN COMPASS

Todd Devlin
london@metronews.ca

This much is clear: A wrong was righted last week when London police Chief Brad Duncan put an end to the controversial door-to-door collection of personal information from students as part of Project Learn.

Thankfully, the chief also promised to destroy that information, which included names, email addresses and even addresses of students' parents, if you can believe it. He also announced plans to meet with student leaders at Fanshawe and Western, politicians and community groups to figure out a better way to tackle rowdiness off-campus.

The whole incident was a head-scratcher.

Why would Chief Duncan OK such an ethically questionable practice to begin with? What was he thinking?

The easy answer: Perhaps he wasn't. Fortunately, as the pressure from the community mounted, he did an about-face. He offered no apology (who does in this day and age?), but he did admit it was a mistake.

It was no small mistake. By targeting students, it was discriminatory and a form of profiling.

Some opponents wanted heads to roll, chiefly Duncan's. An open letter addressed to Duncan asked not only for an apology and destruction of the data, but also for his resignation as chief of police.

The last request raised this columnist's eyebrows. But apparently it did not for the many on Twitter who supported the idea. Someone must pay, the angry mob declared.

Let's be clear: Chief Duncan made a significant mistake. And, as citizens, we should not only question why it happened but demand answers. But should we follow our knee-jerk emotional reactions and call for the removal of a man who, though entirely in the wrong on this front, has been commended by community leaders for making significant strides in the areas of poverty and mental health? I don't think so.

Is this what we want? Hair-trigger calls for resignations and firings whenever a mistake is made? If so, how on earth do we expect anyone to take a position in the public sector?

No one can work under those types of conditions — including, I might add, the people who are so quick to call for resignations.

How about we take it down a notch and start responding to situations instead of reacting. Much more is accomplished when we take a step back, respond rationally and work together to solve problems. Fortunately, that's what's happening now with Project Learn.

We arrived at this point with the help of increasing pressure from taxpayers who wanted answers, not necessarily the chief's head. If anything, severe reactions create more animosity between police and the community. And that's not good for anybody.

If you don't agree, I guess you could always call for my resignation or firing. You'd certainly have that right. But I'd suggest we be a bit more level-headed about it.

Follow Todd Devlin on Twitter @UrbanCompassLdn

ZOOM

Oscillate wildly

EXTRACTED FROM SHAKE, BY CARLI DAVIDSON, PUBLISHED BY HARPERDESIGN © CARLI DAVIDSON 2013

SHAKE it

An animal photographer has captured the amusing and absurd facial expressions made by dogs as they frantically shake water off themselves. Carli Davidson, 32, from New York, photographed 61 charming dogs while they were in mid-oscillation. Her entertaining portraits now feature in her new book SHAKE. **METRO**

Q&A with photographer

'You can't trick them'

How do you capture the animal's personalities so well?
It's what I'm looking for in all my photography. The feeling behind the image is what's important to me, an expression the viewer can anthropomorphize. I spend time getting to know the animals, and making them feel as relaxed as possible so they show their true character.

What are the biggest differences between a human shoot and a canine one?
Animals work 100 per cent on instinct; you can't trick them, so if you are not committed to the shoot they won't perform. They can sense your stress and they respond to it accordingly. So much about working with animals is about being in the moment with them, listening to their needs. This is similar with people, but we can just ask people what they need. With animals you need to create a dialogue based on instinct and respect. **ANTHONY JOHNSTON/METRO WORLD NEWS**

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

Just because you don't know your Baco Noirs from your Pinot Noirs doesn't mean you have to look like a dolt in front of your pals with more sophisticated palates. With a quick scan of your smartphone, you can now get the Coles Notes of wine faster than you can say Gewürztraminer.

DAVIDE RESTIVO/FLICKR

Vivino:
Think you've had a few too many to remember the vintage you're sipping on? Take a pic of the bottle, upload it to Vivino and get the tasting notes. And if you don't trust the experts, you can add your own (vita)cultured friends to read their reviews. iPhone, Android and BlackBerry.

Delectable:
Similar to Vivino (snap a pic and voilà! tasting notes), but with more emphasis on design. Plus, the delectable blog offers non-smartphone users a chance to catch up on the who's drinking what. iPhone only.

Drync:
This app takes wine lists a step further. Specifically, to your doorstep. Take a photo of the bottle, rate it and order it. iPhone only.

Tweets

A squirrel in Iowa is allegedly responsible for vandalizing a college professor's bicycle. If found guilty, what should its punishment be?

@WpgNHLAddict: repay the professor for bike repairs in acorns and nesting material #coldandhungry-winter #squirrelsgold

@MiroslavGlavic: Squirrel BBQ. #iamhungry

@SeoulShakin: Obviously 10-20 in the Nuthouse.

@mtnbvan: "Death by cyclepath"

@jnevills: sentenced to 12 months without nuts and 6 months of tree arrest. No opportunity for parole.

@kim11koi: To catch the squirrel you must become the squirrel.

@CycleLdnont: No punishment. It only continues the nutty cycle.

@ac_awesome: 100 hours of commu-nutty service. #nailedit

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WE WANT TO HEAR FROM YOU:
Send us your comments: londonletters@metronews.ca

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In the animated film Free Birds, turkeys voiced by Owen Wilson, Woody Harrelson and Amy Poehler aim to get turkey off the holiday menu for good. CONTRIBUTED

When turkeys fight back

Avian revenge fantasy.
A pair of angry birds go back in time to save their kind from Thanksgiving

NED EHRBAR
Metro World News in Hollywood

Parks and Recreation star Amy Poehler's latest feature film venture, Free Birds, follows a pair of turkeys using a stolen time machine to steer the first Thanksgiving menu away from their ancestors. But Poehler has plenty to concern herself with in the present day. We spoke with Poehler just before some good and bad news broke for her: First, that she and Tina Fey would be hosting the Golden Globes for the next two years, and then that NBC was pulling Parks and Recreation from its schedule for three weeks.

Even considering the main characters are turkeys, is this really the best use for time-travel technology?
Well, once we start breaking down animated films and the way that they should better use their technology, I think we're really going to paint ourselves into a corner.

You're managing to squeeze in a lot of film work between seasons of Parks and Recreation.
It's fun to do different things. My schedule with Parks is almost like a nine-month schedule with breaks in between, so I have lots of opportunities for hiatus stuff to do. And animated stuff, you can kind of do that on your hiatus and breaks in between. I filmed a couple of things last summer and the summer before that quite a bit. It's always fun to try to squeeze in what you can when you can.

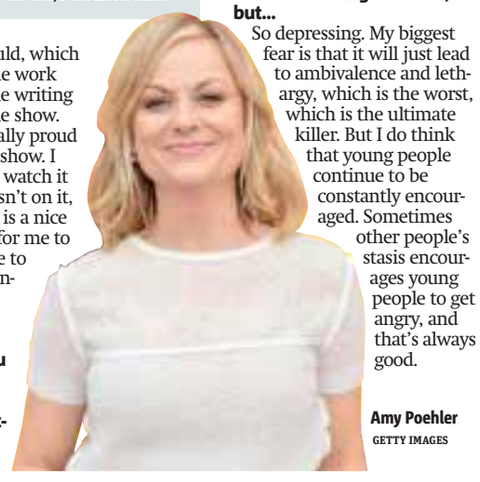
What sort of projects are you keeping an eye out for?
Well, I don't know. Right now we're gearing up toward our 100th episode, so right now I'm like real Parks brain, just enjoying being on set for that. And then what happens after the new year in the spring, I'm not sure yet.

Yours was one of a very few comedies that NBC didn't cancel last year. That must feel at least a little reassuring.
Yep, NBC has supported us by keeping us on. We appreciate that. Because I would rather do the show than not do the show, that's what I've learned. So many shows have come and gone while we've been there. We're kind of like the patient who watches the other patients die on the table. We've been lucky.

Certainly it's tough sometimes to just not know your fate all the time, and we've certainly never been a show where we knew our fate, but because of that I think it's just made us put our heads down and try to control the things we could, which was the work and the writing and the show. I'm really proud of the show. I would watch it if I wasn't on it, which is a nice thing for me to be able to say honestly.

How do you think your character on the show, Leslie Knope, would've responded to the recent U.S. government shutdown?
We were laughing about it. We basically did this in Season 3, which is Pawnee shuts down, but (during the real shutdown) she would've just been incredibly depressed. Like, in sweatpants, losing her mind.

It was fascinating to watch, but...
So depressing. My biggest fear is that it will just lead to ambivalence and lethargy, which is the worst, which is the ultimate killer. But I do think that young people continue to be constantly encouraged. Sometimes other people's stasis encourages young people to get angry, and that's always good.



Amy Poehler GETTY IMAGES

Free Birds director

Jimmy Hayward talks turkey

Jimmy Hayward GETTY IMAGES

"There are some gross traditions in American Thanksgiving," says Jimmy Hayward, the Kingston, Ont.-born, Los Angeles-based director of the animated Thanksgiving comedy Free Birds. "Stuff I didn't eat as a kid. Yams with marshmallows is an excellent example of that."

Food choices aside, the director compares the U.S. holiday to Christmas in Canada. "I think in Canada, Christmas is for everybody of all sorts of religions and creeds. It's almost the same sort of holiday as Thanksgiving is here (in the U.S.). It's the holiday where everybody takes the most time off work and really make sure they travel where people belong."

In the movie Owen Wilson voices Reggie, a loner turkey kidnapped by Jake (Woody Harrelson) a zealot member of the Turkey Freedom Front, who takes him back in time to Plymouth Colony in 1621 just days before the first Thanksgiving to take turkey off the menu.

The plot sounds PETA-approved but Hayward says, "the fact that a bunch of meat eaters are working with a vegan to make this movie illustrates that none of us have an agenda.

"We were setting up to tell a funny and endearing story about these characters. The real message is, pay attention to the people that are helping you through life at the holidays. Stop and take a moment to appreciate that."

RICHARD CROUSE/FOR METRO NEWS

Weekend box office

- Apparently, astronauts are no match for Jackass. According to studio estimates Sunday, Paramount's Jackass Presents: Bad Grandpa tops the weekend box office with $32 million US, sinking three-week champ Gravity to second place.

THE ASSOCIATED PRESS

Legendary Lou Reed dies age 71

In memoriam. Rock pioneer and Velvet Underground leader had undergone a recent liver transplant

PAT HEALY
Metro World News in Boston

Lou Reed, the punk-poet of rock 'n' roll who profoundly influenced generations of musicians as leader of the 1960s cult band Velvet Underground and remained a vital solo performer for decades after, has died.

Reed's literary agent Andrew Wylie says the legendary musician died Sunday morning in Southampton, N.Y., at age 71 of an ailment related to his recent liver transplant.

The singer and guitarist first attracted attention as the leader of the Velvet Underground, a group that gained notoriety as an Andy Warhol project and combined a sense of the avant-garde with pop music. With Reed's poetic lyrics and the band's always experimental (and sometimes dissonant) approach, they arguably serve as the starting point for alternative rock music.

Though the band was not commercially successful, its influence was widespread, historically on the left-of-centre, resulting in the oft-quoted adage that though not many people bought the band's first album, everybody who did ended up starting a band.

The Velvet Underground was inducted into the Rock and Roll Hall of Fame in 1996.

After the Velvet Underground, Reed went on to collaborate with David Bowie in the 1970s, finding chart success with Take a Walk on the Wild Side and carving out a niche for himself in the glam rock movement.

But as an artist, Reed was never content to compromise or to even do what his growing fan base expected.

Over the years he released many albums that listeners and critics alike had difficulty with, such as 1975's Metal Machine Music, which consisted of more than an hour of feeding back guitars that sounded like what its title implies.

Other projects were also met with fierce criticism, such as his 2003 Edgar Allen Poe-inspired The Raven and his final release, a 2011 collaboration with Metallica entitled Lulu. But for every unexpected left turn his muse took, Reed remained a figurehead for the movement he started and his tours were always successful.

For a time Reed was infamous for his substance abuse, but he had cleaned up in his later years, finding new inspiration in Tai Chi and his third wife, artist Laurie Anderson. He underwent a liver transplant earlier this year, which Anderson had said was "as serious as it gets. He was dying."

His legacy will live on in the songs he has left behind — in his own magnificent versions and in cover versions by the likes of U2, Joy Division, Nirvana and David Bowie. **WITH FILES FROM THE ASSOCIATED PRESS**

Last gigs

- Reed stayed invested in the arts until his death, mentoring younger artists and even taking the time to write a review of Kanye West's Yeezus on The Talkhouse website.

Lou Reed's tours were always successful. GETTY IMAGES FILE

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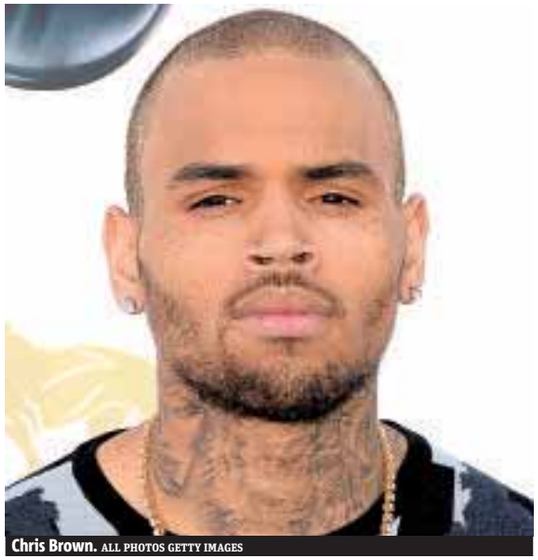


Chris Brown. ALL PHOTOS GETTY IMAGES

Chris Brown charged with felony assault

Chris Brown was arrested early Sunday in Washington, D.C., after a fight broke out near the W Hotel, police said, complicating an already snarled legal history for the Grammy Award-winning R&B singer.

Brown, 24, was charged with felony assault in an incident that started just before 4:30 a.m., D.C. police spokesman Paul Metcalf said Sunday morning. Chris Hollosy, 35, also was arrested on felony assault charges, Metcalf said. Police believe the two men were together during the incident but said they couldn't confirm any relationship between the suspects.

Brown and Hollosy were being held in police custody until Monday, Metcalf said.

A man was injured in the fight and reportedly taken to a hospital, police said, but they did not identify him or give details on his injuries. It was not clear whether the victim was taken by ambulance or another vehicle.

He had been released from the hospital as of early Sunday afternoon, Metcalf said.

THE ASSOCIATED PRESS

Twitter

@WhitneyCummings
"Handcrafted" is just a fancy word for "broken"

@ricky_martin
Sending love wherever it is needed.

@LilTunechi
Copenhagen was most definitely the livest!!!! I'd do it again right now if I had to! Luv y'all!

Quincy Jones wants MJ's money

Quincy Jones

Quincy Jones is suing the estate of Michael Jackson for $10 million, alleging that "clandestine arrangements" of newer releases of material he worked on with the late singer have served to cheat him out of royalties, according to the Hollywood Reporter.

"Quincy has been frustrated with these matters for a number of years, felt he was not making any progress and needed to take more formal action," his attorney says.

Thicke talks up his sex life

Robin Thicke

Robin Thicke would like everyone to know that he and wife Paula Patton have a fantastic sex life.

"We're over-spiced. We could probably take a few spices off the shelf," he tells Elle magazine, adding that the couple enjoys getting intimate while listening to his music. "She likes to do it more than ever now. Sometimes she'll even play groupie for me."

Book excerpt

Homework 101

IT'S ALL RELATIVE
Kathy Buckworth
Kathybuckworth.com

Let's break this down a bit, shall we?

Homework is work to be done at home. Whether it's work that should have been done in the classroom or work specifically designed to be done at home, there's one commonality that all children's homework shares: it's their homework. They need to do it.

You doing it for them is like having the supervisor come over to your production station and doing your job while you watch.

Resist the urge to have your child turn in perfect homework that's only perfect because you did most of it. If the teacher doesn't know where/how they are struggling, they can't help them in the classroom.

Also, don't be a homework nag. You're not the one who has to explain to the teacher why it's not done, and you're not the one who misses recess because of it. Let this happen once and see how quickly they get the message.

EXCERPTED FROM KATHY BUCKWORTH'S I AM SO THE BOSS OF YOU: AN 8 STEP GUIDE TO GIVING YOUR FAMILY THE BUSINESS (MCCLELLAND & STEWART, 2013), WHICH HAS RECENTLY BEEN OPTIONED BY WARNER BROTHERS TELEVISION. AVAILABLE AT CHAPTERS, AMAZON AND WHERE BOOKS ARE SOLD. VISIT KATHYBUCKWORTH.COM

Exclusively online

Halloween: Every mother's worst nightmare. Find out why with exclusive Metro content from Lyranda Martin Evans and Fiona Stevenson, authors of the hilarious bestselling book Reasons Mommy Drinks, at metronews.ca/voices

Join the laughter on twitter @mommyreasons

Halloween: Scariest day of the year for health-conscious parents

Tips. There are ways to keep the candy-filled occasion fun and healthy

ANISA ARSENAULT
Metro World News in New York

Halloween is a good time to involve kids in healthy eating discussions. ISTOCK

With mountains of candy, Halloween can be a nightmare for parents.

Traci Paige Johnson, creator of Blue's Clues, offers suggestions for a fun and healthy Halloween. And if you're wondering what the voice of Blue is up to now, she's pioneering Yummiloo, an interactive musical food adventure series (currently an app, soon to be a show) designed to teach kids about healthy eating.

Before you equate Yummiloo's mission with "ruining Halloween," keep in mind Johnson advocates candy in moderation. In fact, she says making sweets totally off limits will only result in an eventual binge.

"If you make candy an absolute no, then it becomes more enticing," Johnson says. "It's all about balance, all about enjoying the holiday and not being too taboo or negative about the candy. Embrace it, and use it as a teaching moment for kids."

When it comes to healthy eating and rationing candy, make sure that kids are part of the process. "You can sit down together and figure out how much candy is good for a day," Johnson says. "Maybe it's one little candy bar and two Smarties. Also, if they have a piece of candy, it's good to serve it with a glass of milk or a little cut-up fruit to fill them up."

Inevitably, you're going to have more candy than you can even think about eating. Johnson recommends cutting some up, freezing it, and using it to cook with later on. "Use it again when you're making oatmeal cookies or just sprinkle some on your oatmeal," she suggests.

Johnson encourages parents to cultivate healthy eating habits in kids, but ultimately just enjoy Halloween. "The trick is to balance and have things in moderation," she says. The trick is to allow treats.

Candy-free activities

- **Pumpkin volleyball.** "Take orange balloons and have your kids draw on Jack-o'-lantern faces with black Sharpie, and sort of play volleyball," Johnson says.
- **Arts and crafts.** "Collect leaves and acorns or anything from nature, and glue it on gourds or pumpkins to make creatures," she says.

Spooky wreaths are as easy as old newsprint

Keep it spooky-classy. CONTRIBUTED

What's black and white and orange all over? Creative Halloween decorations made out of newspaper. Black and white newsprint is a perfect starting point for spooky crafts such as a wreath. Here's how.

1. Cut several sheets of newspaper into one and a half inch strips. Wrap them around the wreath form, overlapping each strip slightly, until it is covered. This will make it less obvious if there are gaps between the paper flowers that will be glued on later.

2. Stack three sheets of newspaper and trace a small salad plate on the top layer as many times as it will fit. Cut circles out of all three layers.

3. Hold three paper circles together in a stack and starting at the outside edge, cut through all layers in a spiral shape, moving from the outside toward the centre. Try to keep the width of the resulting spiral-shaped strip consistent — about 3/4 of an inch — but it doesn't have to be perfect. Real flower petals aren't!

4. When you get close to the centre, make the end of the spiral a quarter-sized circle. This will become the base of the flower.

5. Starting from the outer edge of the spiral, start rolling the paper strip around itself. Roll the centre fairly tightly, and then the rest looser to form the outer petals.

6. When you get close to the end, flip the flower upside down on your work surface (it will resemble a tiny lampshade at this point) and apply glue to the base of the flower. Press it against the rolled up paper to securely adhere the coiled paper to the base.

7. Repeat steps 2-6 to make enough flowers to cover your wreath.

8. Use hot glue to attach flowers to the wreath, placing them close together and avoiding gaps. Embellish as desired.

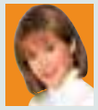
THE ASSOCIATED PRESS

Materials

- Newspaper
- Foam wreath form
- Hot glue gun and glue sticks
- Scissors
- Mini pumpkins or other embellishments

Healthy eating

Choose it and lose it



ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

While grabbing dinner at a fast food place is a treat for kids, be careful what you allow them to order.

Wendy's chicken fingers, fries and chocolate Frosty

590 calories / 26 g fat
These choices give them little nutrition as a meal.

Equivalent

Wendy's chicken fingers, fries and a chocolate Frosty are equal in fat to eight cups Kraft Dinner Mac and Cheese.

Wendy's kid's hamburger with a strawberry yogurt

320 calories / 12 g fat
The kid's burger with strawberry yogurt is a much better offering.

Hit (or two) of curry elevates Parsnip and Apple Soup

Apples and parsnips go really well together and offer a perky taste of autumn.

You can decrease or increase the amount of curry powder to suit your taste. If you cut back on the curry, grated fontina or white cheddar can be sprinkled over top just before serving. If you like a stronger curry flavour, use 10 to 15 ml (2 to 3 tsp) of curry powder.

You can reduce the saturated fat by substituting vegetable oil for the butter and using homogenized milk instead of cream.

1. In stock pot, heat butter over medium heat. Add onion and cook until soft. Add curry, parsnips, carrot and apples and cook for 5 minutes, stirring.

2. Add stock. Bring to a simmer and cook at a low simmer for 25 to 30 minutes or until vegetables and apples are tender.

3. Purée soup with an immersion blender until smooth.

Ingredients

- 45 ml (3 tbsp) butter
- 1 large cooking onion, peeled and diced
- 5 ml (1 tsp) curry powder
- 4 parsnips, trimmed and cut into 1-cm (1/2-inch) pieces
- 1 carrot, peeled and diced
- 2 Granny Smith apples, peeled, cored and diced
- 1 l (4 cups) vegetable stock
- 250 ml (1 cup) cider (approx)
- 250 ml (1 cup) 35 per cent cream
- Sea salt and white pepper, to taste

4. Add cider and cream. If soup is too thick, add more cider, 125 ml (1/2 cup) at a time, until desired consistency is reached. Season with pepper and salt.

5. Ladle into warm soup bowls, garnish with apple slices and a small sprig of thyme and dollop of mild goat cheese. THE CANADIAN PRESS/JILL'S SOUPS BY JILL WILCOX (2007).

This recipe serves eight. THE CANADIAN PRESS/ JACKIE NOBLE

Easy Japanese tradition offers instant comfort

Miso is a traditional Japanese soup and one of the many Asian soups trending in North America. It is also very easy to make.

Miso itself is fermented soybean paste that comes in a variety of colours. Barley and rice miso are also available at Asian grocery stores.

1. In saucepan, place dashi soup stock (the easiest way to make dashi stock is to buy dashi powder at an Asian grocery store and simply add it to water) and bring to a boil. Reduce heat to a simmer. Add mushrooms.

2. Cut tofu into 1-cm (1/2-inch) cubes and add to soup.

3. Remove a ladleful of the broth and mix it in a bowl with miso paste until smooth.

4. Stir miso mix into soup, making sure not to bring to a boil. Add green onions and serve. THE CANADIAN PRESS/JILL'S SOUPS BY JILL WILCOX (2007).

Ingredients

- 1.25 l (5 cups) dashi soup stock
- 4 shiitake mushrooms, stems removed, thinly sliced
- 1 block (125 g/4 oz) firm tofu
- 50 ml (1/4 cup) miso paste
- 2 green onions, cut on angle into 5-mm (1/4-inch) pieces

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Win it All 2
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TICKETS TO EVERY EVENT AT BUDWEISER GARDENS FOR A YEAR!

Sure, that's a good cover letter, but how many likes does he have?

Resumés being replaced? New graph search tools allowing employers to find potential prospects on Facebook

VICKI SALEMI
Metro World News

The next time you're surfing Facebook, you may want to spruce up your profile in the spirit of landing a new job. Work4 Labs, a software company developing Facebook recruiting applications, has launched a graph search tool for recruiters. And if its CEO has his say, it will apparently give other social networks stiff competition.

According to Work4 CEO Stephane Le Viet, "LinkedIn covers a slice of the market that's very valuable, but it doesn't cover everything," he says.

Taking retail, hospitality, health care and other industries into account, their workers may not lean on an online professional network to propel their careers.

"They don't carry around business cards (and) they don't use their professional network to enhance what they're doing at work. But pretty much all of them have a profile on a social network, and for the majority of them that's Facebook."

Le Viet points out that users also have friends online, thereby building a robust referral network. "Recruiting has always been about fishing where the fish are," he says.

What would a recruiter interpret about you as a person after pulling together all your current Facebook information? ISTOCK

If you're among the 1.15 billion monthly active users on Facebook, then you're swimming in an abundant school of fish that employers are tapping into.

The latest product to emerge from the San Francisco-based company is a tool that uses Facebook's graph search function to connect job searchers with possible employers.

Launched earlier this month, it allows companies with subscriptions ($1,500 annually per recruiter) to click on a job in their interface and message candidates. "Let's say you're searching for a developer at Google: You click on the job on a developer position that's in our interface, you say, 'Show me the candidates' and it shows you the candidates automatically."

Although it's too soon for clients like Pepsi and Groupon to report hires, the new tool allows recruiters to go "above and beyond the resumé." For example, talent acquisition folks looking for a cultural fit can drill into candidates' interests.

Le Viet points out that "for a company like the Gap, they're hiring a lot in stores around the world. They want people who like fashion; they don't want people in the stores who hate clothes. You want people who will have some type of affinity to your brand or to brands (that) are similar. Facebook allows you to do that, so if you're a fan of Banana Republic, they're interested in you because they're in the same ecosystem."

Given this new era of hiring, what does it mean for the resumé? "Resumés are being overtaken by social profiles and your social footprint. I think people will get more and more educated and make sure that everything they display in a public manner is clean."

You're hired!

Stephane Le Viet's tips for Facebookers looking to get a gig with Work4:

- **Review your public:** "Make sure you're comfortable with it. Don't look at it in the perspective of only removing content."
- **Add information:** "This will make you findable. This will also make your public profile look richer. Add where you studied and your major, where you work and past work experiences."
- **Add special skills:** "It's something where you can say, 'I'm an expert in marketing' or 'I have a professional skill in accounting' so people can find you better."

Aim for a page worthy of a few likes from your friends and employers alike. ISTOCK

'Round the world wisdom

Facing adversity? Focus on what you can control

March in China in June '09, followed by the Atacama Crossing in Chile in '10, and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.

LESSONS FROM THE DESERT
Stefan Danis
life@metronews.ca

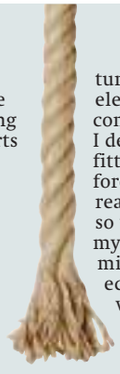
The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi

In the game of life challenges are dealt to us every day, some big, some small. The danger of becoming overwhelmed always lurks just around the corner, and at times it finds us. When you sense that things are unravelling, be it at the workplace, or at home, get back to basics by asking yourself, "What can I control right now?"

First, assert your control over smaller, simpler things you can achieve. If you can achieve a few small successes they can, and will, amount to a big win over time. The reward lies in the fact that experiencing success in one area of your life can be the turning point, going on to impact other parts of your life.

In 2008 I found myself overwhelmed by the economy as it impacted every part of my life negatively. I consciously chose to turn my focus onto one element I felt I could control — my health. I declared I would be fitter than ever before within one year, reasoning that doing so would serve to boost my energy and clear my mind. If the negative economy persisted, I would at least have my health. I set a goal to do something only a fit person could do, running the desert, despite not knowing how to run. I took my first running steps in December 2008, and six months later ran 250 km across the Gobi desert. What was an attempt to get fit cascaded into the rest of my life, changing it forever.

So always ask yourself, when facing a big challenge, what parts of your life can you control?



Don't waste your time wandering up an unclimbable rope. Achieve goals that are within your grasp. ISTOCK

STEFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

OUA football

Western to face McMaster in semis

The first-place Western Mustangs will face the McMaster Marauders in one of two OUA football semifinals next Saturday.

The game at TD Stadium begins at 4:30 p.m.

In the early semifinal in Kingston, Guelph will play Queen's at 1 p.m.

In the quarter-finals Saturday, Guelph eliminated Windsor 31-21 and McMaster beat Ottawa 41-7.

Western and Queen's had byes on the weekend.

METRO

NHL

Lightning zap Cats after regulation

Steven Stamkos and Valtteri Filppula both scored in the shootout to give the Tampa Bay Lightning a 4-3 win over the Florida Panthers 4-3 on Sunday.

Stamkos made some nice moves and slipped the puck past Jacob Markstrom on his left side for the deciding goal.

Stamkos, Radko Gudas, and Martin St Louis all scored in regulation for Tampa Bay, which has won five of six.

THE ASSOCIATED PRESS

NHL

Sharks get win No. 10 in Ottawa

Alex Stalock stopped 38 shots in his first NHL start to lead the San Jose Sharks to a 5-2 victory against the Senators on Sunday in Ottawa.

The 26-year-old was solid from start to finish, including 16 saves in the first period to help his team jump out to a 3-1 lead after 20 minutes of play.

Tomas Hertl, Andrew Desjardins, Tommy Wingels, James Sheppard and Joe Pavelski scored for the Sharks (10-1-1), who were playing their fourth of a five-game road trip.

THE CANADIAN PRESS

The Sharks celebrate Tomas Hertl's first-period goal on Sunday. It was the rookie's eighth of the young season. THE CANADIAN PRESS

Lightning get case of the post-win heavies

NBL Canada. Local club erases big early deficit to get pre-season win over Brampton

DAVE LANGFORD
dave.langford@metronews.ca

London's Elvin Mims was the team's top scorer with 19 points in Sunday's exhibition game against the Brampton A's at Budweiser Gardens. ANGELA MULLINS/METRO

The London Lightning won their one and only National Basketball League of Canada exhibition game Sunday, coming back from an 18-point deficit in the first half to beat the expansion Brampton A's 94-83 at the Budweiser Gardens.

But, hold on.

From the body and spoken language exhibited during the game and in the no-holds-barred post-game "talk" with the players, you may have thought they lost the afternoon affair.

Let's start with Lightning owner Vito Frijia as he walked by the media table at the end of the third quarter.

"Little intense out there?" one person asked.

"They don't like to lose," he said, with a slight smile.

Over in the corner of the floor seats, Lightning general manager Taylor Brown had his head resting in his hands for much of the game. No smile there. No talking either.

And then there was Lightning head coach Micheal Ray Richardson at his growling best, particularly in the first half but also during a fourth-quarter walk across the court to chat with referee Gary Schauer. A technical was the result of his trek.

In summary, none of the Lightning management seemed particularly happy with the effort, despite the 11-point victory and a highly entertaining show.

"Terrible," Richardson said after the game when asked about the Lightning defence in the first half. "They (the A's) were getting wide-open threes. But in the second half, they shot the ball terrible from the three-point (line) because we were guarding it."

The facts back up Richardson's observations.

Brampton was 6-for-18 from the three-point line in the first half and 2-for-15 in the second. Those numbers helped explain why the Lightning didn't have the lead from the opening minutes until more than half a game later.

When everything got on track, the Lightning excelled and took hold of the tilt.

Forward Elvin Mims, not a starter, led the Lightning with 19 points and rookie guard Garrett Wiliamson added 17. Forward Gabe Freeman sat out most of the second half with an arm injury but isn't expected to miss any action.

Brampton forward Cavell Johnson led the A's with a game-high 23 points.

The Lightning's next game is their season opener Friday in Windsor against the Express. Their home opener is at 7 p.m. Saturday against the Mississauga Power.

MLB. Rule snafu adds extra juice to World Series

By Sunday morning, most everyone had become an expert on the obstruction rule.

"Worst ending to a World Series game ever!" PGA golfer Hunter Mahan posted.

"Obstruction of justice," Arizona Cardinals kicker Jay Feely wrote.

Anytime someone scores the winning run with two outs in the bottom of the ninth inning without even touching home plate — called safe on an extremely rare ruling — it's bound to cause a little ruckus.

On this point, all sides seemed to agree: Allen Craig's wild trip over Boston third baseman Will Middlebrooks likely made for the most crazy, chaotic October finish of all-time. And it gave St. Louis a 5-4 win Saturday night and a 2-1 edge.

THE ASSOCIATED PRESS

Online

Go to metronews.ca for coverage of Game 4 of the World Series on Sunday night.

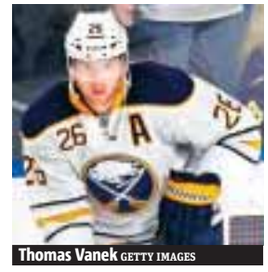
NHL. Sabres ship sniper Vanek to Long Island

The Buffalo Sabres traded Thomas Vanek to the New York Islanders on Sunday night for Matt Moulson and two draft picks.

Vanek and Moulson are set to become unrestricted free agents this summer. The Islanders sent a 2014 first-round pick and a 2015 second-round pick to the Sabres in the deal.

Vanek, 29, has four goals and five assists in 13 games. He has a cap hit of $7,142,857 US for the rest of the season.

Moulson, 29, has six goals and three assists in 11 games. He has a cap hit of $3.133 million US. THE CANADIAN PRESS



Thomas Vanek GETTY IMAGES

4 SPORTS

Rough day in Guelph for Knights

OHL. London's uneven play continues, but blue-liner Liberati says club is staying positive

On Sunday

7	4
Storm	Knights

The London Knights are spinning their wheels right now.

The team lost for the fifth time in six games Sunday, dropping a 7-4 decision to the Storm at the Sleeman Centre in Guelph.

A pair of late London goals made the game look closer than it actually was.

The loss dropped the Knights to 8-5-1 on the year, while Guelph improved to 12-3.

London defenceman Miles Liberati said the Knights have to find consistency.

"We're definitely a really talented team and once we pull it all together we're going to be a really good team this year," Liberati said. "Even though we lost 7-4, everyone was positive. Nobody was giving up."

With star defencemen Olli Maatta staying with the NHL's Pittsburgh Penguins and Nikita Zadorov staying with the Buffalo Sabres, at least for now, Liberati said the team is going through a bit of a mental adjustment.

"We didn't know what was going on, but now that it's happened we have to step up, particularly the defence," he said. "Now that we know (Maatta) is going to be gone, we need to forget about that and just start playing good defence."

Rookie Storm forward Adam Craievich scored the first two goals of his OHL career in front of 4,057 fans.

"It felt really good. It was nice to get the first two," said Craievich. "It sucks sitting in the stands and I want to get out there so badly.

"When coach told me I'd be playing against London, it was just a matter of working hard and doing the little things: Focus on the process, not the outcome, and I guess the outcome will turn out good for me."

Craievich was put out on some late power plays in search of the hat trick.

"No big deal. It was nice to almost get it," he said.

It was a 2-1 game after one period before power-play goals by Guelph's Tyler Bertuzzi and Brock McGinn in the second opened it up.

THE TORSTAR NEWS SERVICE

Knights goalie Jake Patterson makes a save during Sunday's road game against the Storm in Guelph. TONY SAXON/TORSTAR NEWS SERVICE

NFL

Saints' win over Buffalo 'not good enough' for Brees

The stern message from Sean Payton and Drew Brees left little doubt about the post-season aspirations of the New Orleans Saints.

There are few other ways to interpret how critical they were of themselves after Brees struck for five touchdown passes in a 35-17 victory over the Buffalo Bills on Sunday.

"It's good when you can not play your best and make certain mistakes and still win like we did," Brees said, referring to a handful of pre-snap penalties, a pair of missed scoring chances and two instances when only 10 Saints were on the field.

"If we continue to repeat these mistakes they will get us beat," Brees continued. "That's not good enough for us. We've set the bar high. We have a high standard. We want to be as perfect as we can out there."

Brees finished 26 of 34 for 332 yards, completing passes to 10 targets.

THE ASSOCIATED PRESS

NFL. Lions roar back to win shootout over Cowboys

Calvin Johnson thought Matthew Stafford was going to spike the ball for at least another snap.

The Dallas Cowboys did, too.

Stafford's one-yard lunge over a pile of linemen with 12 seconds left and Johnson's 329 yards receiving lifted the Detroit Lions to a 31-30 win over Dallas on Sunday.

"I was yelling that I was going to spike the ball," Stafford recalled. "But their linebackers were just standing there."

The Cowboys weren't just standing around letting Johnson make catch after catch, but he made them look helpless.

Johnson almost broke an NFL record, and could celebrate the feat because of a comeback from a 10-point, fourth-quarter deficit that some people who entered Ford Field didn't see because they had left.

"Even our fans didn't think we could pull this one out," he said. "They were leaving, but we knew we could do it."

Johnson's total trails only the 336 yards receiving Flipper Anderson had for the Los Angeles Rams against New Orleans on Nov. 26, 1989, in a game that went into overtime.

The Cowboys dared Detroit to throw to Johnson with a lot of one-on-one coverage. They usually asked cornerback Brandon Carr to do the improbable by defending him by himself, and sometimes attempted to slow him down with a zone.

"He had his way," Carr said. "And we couldn't find a way to keep him from rolling."

THE ASSOCIATED PRESS

Lions receiver Calvin Johnson makes a catch between two Cowboys players on Sunday in Detroit. Johnson had 329 yards receiving in the Lions' 31-30 win. GETTY IMAGES

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Tampa Bay	11	8	3	0	39	31	16
Toronto	12	8	4	0	40	30	16
Boston	10	7	3	0	30	17	14
Detroit	12	6	4	2	27	33	14
Montreal	11	6	5	0	33	22	12
Ottawa	11	4	5	2	30	32	10
Florida	12	3	7	2	26	42	8
Buffalo	13	2	10	1	20	37	5

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	11	7	4	0	35	28	14
Carolina	11	4	4	3	25	33	11
NY Islanders	11	4	4	3	35	36	11
Columbus	11	5	6	0	31	29	10
Washington	11	5	6	0	32	35	10
New Jersey	11	2	5	4	24	36	8
NY Rangers	9	3	6	0	15	33	6
Philadelphia	10	3	7	0	18	27	6

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Colorado	10	9	1	0	32	14	18
Chicago	11	6	2	3	34	32	15
Minnesota	12	6	3	3	29	26	15
St. Louis	9	6	1	2	35	23	14
Nashville	12	6	5	1	23	32	13
Winnipeg	12	5	5	2	30	34	12
Dallas	10	4	5	1	26	31	9

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
San Jose	12	10	1	1	48	20	21
Anaheim	12	9	3	0	39	31	18
Vancouver	13	8	4	1	38	37	17
Phoenix	12	7	3	2	40	39	16
Los Angeles	11	7	4	0	33	29	14
Calgary	11	5	4	2	34	39	12
Edmonton	12	3	8	1	35	48	7

Note: Two points for a win, one point for overtime loss.

Sunday's results
San Jose 5 Ottawa 2
Tampa Bay 4 Florida 3 (SO)
Anaheim 4 Columbus 3
Winnipeg at Colorado
Edmonton at Los Angeles

Saturday's results
Phoenix 5 Edmonton 4
San Jose 2 Montreal 0
New Jersey 4 Boston 3
NY Rangers 3 Detroit 2 (OT)
Toronto 4 Pittsburgh 1
Tampa Bay 3 Buffalo 2
Philadelphia 5 NY Islanders 2
Winnipeg 2 Dallas 1 (SO)
Minnesota 5 Chicago 3
St. Louis 6 Nashville 1
Calgary 5 Washington 2

Monday's games — All Times Eastern
Dallas at Buffalo, 7 p.m.
Pittsburgh at Carolina, 7 p.m.
Montreal at NY Rangers, 7:30 p.m.
Chicago at Minnesota, 8 p.m.
Washington at Vancouver, 10 p.m.

MLB PLAYOFFS

WORLD SERIES
(BEST OF 7)

ST. LOUIS VS. BOSTON
(St. Louis leads series 2-1)
Sunday's result
Boston at St. Louis
Saturday's result
St. Louis 5 Boston 4
Monday's game — All Times Eastern
Boston (Lester 15-8) at St. Louis (Wainwright 19-9), 8:07 p.m.
Wednesday's game
St. Louis (Wacha 4-1) at Boston (Lackey 10-13), 8:07 p.m.

GOLF

PGA
CIMB CLASSIC
At Kuala Lumpur, Malayisa
Final Round — Par 72
x-Won on first playoff hole

x-Ryan Moore, $1,260,000	63-72-69-70—274 (4)
Gary Woodland, $756,000	68-70-67-69—274 (5)
Kiradech Aphibarnrat, $406,000	67-69-69-70—275
Chris Stroud, $406,000	67-69-68-71—275
Aaron Baddeley, $280,000	73-67-70-66—276
Jimmy Walker, $252,000	74-68-67-68—277
Graham DeLaet, $218,166	**72-67-68-71—278**
Harris English, $218,166	71-67-71-69—278
Charles Howell III, $218,166	69-72-69-68—278
Also:	
David Hearn, $14,070	**72-70-73-81—296**

CFL

WEEK 18

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
y-Toronto	17	11	6	0	487	435	22
x-Hamilton	17	9	8	0	416	461	18
x-Montreal	17	7	10	0	436	451	14
Winnipeg	17	3	14	0	354	548	6

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
y-Calgary	17	14	3	0	542	387	28
x-Sask.	17	11	6	0	493	368	22
x-B.C.	17	10	7	0	478	454	20
Edmonton	17	3	14	0	391	493	6

y — Clinched division title
x — Clinched playoff berth
Saturday's results
Calgary 29 Saskatchewan 25
Hamilton 27 Montreal 24
Friday's result
B.C. 43 Edmonton 29
Thursday's result
Toronto 36 Winnipeg 21

NFL

WEEK 8

Sunday's results
Kansas City 23 Cleveland 17
New Orleans 35 Buffalo 17
New England 27 Miami 17
Detroit 31 Dallas 30
N.Y. Giants 15 Philadelphia 7
San Francisco 42 Jacksonville 10
Oakland 21 Pittsburgh 18
Cincinnati 49 N.Y. Jets 9
Arizona 27 Atlanta 13
Denver 45 Washington 21
Green Bay at Minnesota
Monday's game — All Times Eastern
Seattle at St. Louis, 8:40 p.m.

MLS

Sunday's results
Houston 2 D.C. 1
New England 1 Columbus 0
New York 5 Chicago 2
Colorado at Vancouver
Los Angeles at Seattle
Saturday's results
Toronto 1 Montreal 0
Kansas City 2 Philadelphia 1
Portland 5 Chivas 0
San Jose 2 Dallas 1
(End of MLS Regular Season)

Horoscopes

♈ Aries
March 21 - April 20
You cannot expect to control each and every situation in life and if you do then disappointment is inevitable.

♉ Taurus
April 21 - May 21
Your energy and enthusiasm are high, thanks to the influence of Mars in the most dynamic area of your chart, but what you start you will be expected to finish, so don't take on too many new projects.

♊ Gemini
May 22 - June 21
You may be eager to get going and prove yourself but cosmic activity in the work and wellbeing area of your chart means you must not do too much.

♋ Cancer
June 22 - July 23
If you push too hard you may turn people against you. It will pay you to keep your activity limited, at least until midweek when the approaching influence of the eclipse will spur you into action. Save yourself for then.

♌ Leo
July 24 - Aug. 23
Set your sights high and don't accept second best. Some people, including those you love, may tell you that you should rein in your ambitions but that's nonsense.

♍ Virgo
Aug. 24 - Sept. 23
What you say and do over the next few days will, to a large extent, decide your fate for the remainder of the year. These are serious times and the universe has serious tasks for you to perform.

♎ Libra
Sept. 24 - Oct. 23
There are so many things you want to do but if you rush you may peak too soon, so pace yourself sensibly.

♏ Scorpio
Oct. 24 - Nov. 22
As far as you are concerned the world is divided into two kinds of people: winners and losers. You, of course, are one of life's winners and what you do over the next few days will prove it. Be brilliant!

♐ Sagittarius
Nov. 23 - Dec. 21
You may not care what the world thinks about you but if you are smart you will pay attention to what those closest to you say.

♑ Capricorn
Dec. 22 - Jan. 20
Listen to advice from friends and family but listen to your inner voice too. Whatever questions you may have, the answers can be found in your own heart as much as in the wider world – and they're more reliable.

♒ Aquarius
Jan. 21 - Feb. 19
The planets urge you to push your fears and doubts to one side and step boldly into the public domain. You may by nature prefer to stay out of the spotlight but you also have an important message for the world.

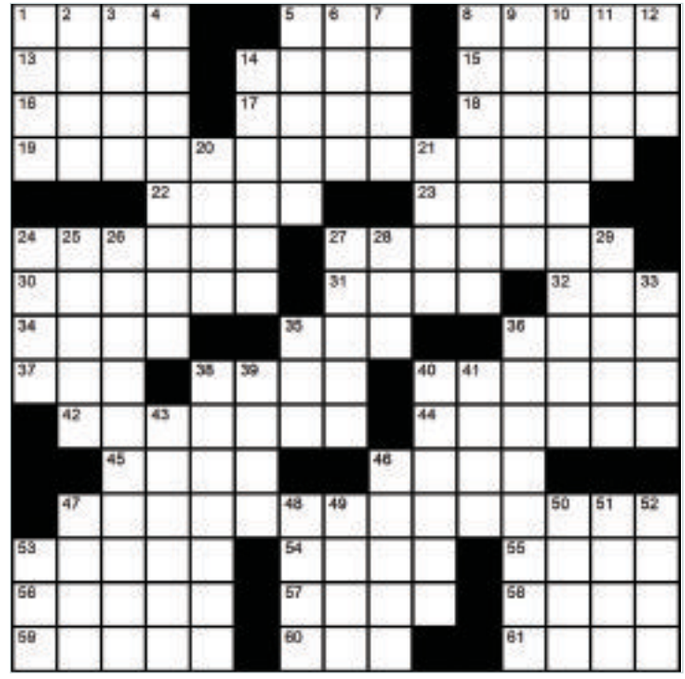
♓ Pisces
Feb. 20 - March 20
So many things are uncertain at the moment but one thing is for sure: whatever setbacks and upheavals you may encounter you will come up smelling of roses.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



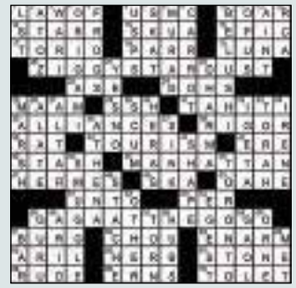
Across

1. Mike Myers' directorial debut, "Supermensch: The Legend of __ Gordon" (2013)
5. Canadian hwy. miles
8. Not __ __ (Not so distant)
13. __-hoop
14. TV series
15. Stage
16. "__ fair in love..."
17. Entreaty
18. Promotions guy, _ _ __
19. House of Commons time: 2 wds.
22. Tempo
23. Not a Teamster, e.g., __ _
24. Resist
27. 1972 Neil Young album
30. Bobby Vinton's "Roses __ (My Love)": 2 wds.
31. "I'd like _ __, please." (Bakery request)
32. Outlying
34. Cobblestone
35. Liq. measures
36. Towel dry
37. Full amount [abbr.]
38. India.__
40. Ms. Nicks
42. Miami rapper
44. St-__ (Canadian BBQ sauce brand)
45. Bible kid
46. Ms. Gilpin of "Frasier"
47. Canadian figure skating legend: 2 wds.
53. Camouflage colour
54. Antarctica's Prince __ Coast
55. "__, __ quiet!"
56. Rolling Stones album: '__ __ Bleed'
57. Remote button
58. Prince of Wales' motto, Ich __ (I Serve)
59. Walk leisurely
60. Dog or cat
61. Irish songstress

Down

1. NBA great Mr. O'Neal
2. Web streamer of TV series
3. Vogue competitor
4. Travel document issuer, __ Canada
5. Ms. Kardashian
6. Faucets company
7. Give and take
8. Sanction
9. Sacred structure
10. Women's Rights in Canada, late-1920s: Group behind the 'Persons Case' to give women the right to sit on The Senate: 2 wds.
11. "...take _ __ song and make it better." - The Beatles
12. Stimpy's pal
14. Made the recipe 'hot'
20. Zap with a stun gun
21. "Just you wait, '__ 'iggins..." - Eliza Doolittle
24. Brewer's kiln
25. Before surgery, informally
26. Dress parts in history
27. Eyes colour
28. MGM's motto, __ Gratia Artis
29. South America animal
33. Jackie Wilson's "__ Petite"
35. Vegetable __
36. Installment of an online TV series
38. Skill
39. Old Scandinavian symbol
40. Bundle wheat
41. Go sour
43. Silent film successor
46. __ & Whitney Canada (Aircraft engine company)
47. Vincent's art world brother
48. Frolic
49. Hint
50. Sparse
51. Comply
52. "99 Luftballons" singer
53. Alphabet sequence

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

1								3
	7	8		4		1	9	
6		9				7		2
		6	3		1	9		
		5	8		7	2		
9		7				4		8
	8	1		6		5	3	
4								1

Friday's Sudoku

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